

Family Fitness Night

Friday, February 10 from **6-8 PM** is an evening you don't want to miss!
There will be lots of fun, interactive demonstrations, valuable information, and activities!

Join in the activities located in the cafeteria:

6:00 – Martial Arts

6:30 - Yoga

7:00 - Zumba

7:30 – Mini Bootcamp – In the Cafeteria there will be a session for adults and the Gym will have a session for students

In the gym from 6-7:30:

- Climb the rock wall
- Make your way through an obstacle course



In the Main Entrance you will find the following activities and information tables:

- Join the jump rope fun as we celebrate Jump Rope for Heart
- Create your own stress ball and water bottle weights
- GMU Nutrition Table
- GMU Nursing Table
- FCPS Food Services
- Fairfax County Police
- Whole Foods
- Holistic Health
- Dr. Kevin Ward with The Taschler Spine and Rehab Center will provide blood pressure readings from 6 - 7 pm and brief yet relaxing chair massage (first come, first served) from 7 - 8 pm
- Representatives from Boosterthon Fun Run - our spring fundraiser focusing on fitness, leadership and character

